

ABSTRACT

The present invention provides an incubation method for obtaining solid culture of Zang Zhi (*Antrodia camphorata*) comprising the steps of: incubating a stock strain of Zang Zhi in a PP bag for growth of mycelia, followed by an incubation in the air for fruiting the Zang Zhi body. The invention also provides the solid culture of Zang Zhi obtained by the 5 incubation method, and the products processed therefrom and the use thereof.